

THE
CHRONICLE

CELEBRATING 150 YEARS OF NEVEH SHALOM



Valuing Life,
Preparing for Death

Connecting with Neveh Shalom

**Storytime at Rieke
Playground with Rabbi Eve**



**Young Family Yoga Shavuot
Experience**



Young Family Berry Picking



Habitat for Humanity Build



**Rabbi Kosak Speaking at the OneCOP
Training Event**



**Staff Wearing Shabbat Shalom
Hey T-Shirts**



Monuments and Meaning

By Rabbi David Kosak

This summer, we traveled to Washington, DC to visit family. Touring around, we were reminded that this region is not only the country's political capital, but also its capital for monuments. Whether that's the Lincoln Memorial, Washington Monument, or Arlington National Cemetery, symbolic structures festoon the landscape, parsing out messages about what this nation stands for and who we are as Americans.

There is no surprise in this. Humans have been building monuments since prehistoric times. One of the oldest remnants of buildings we have is Newgrange, Ireland, from about 3200 BCE. Meanwhile, the Megalithic Temples of Malta precede Newgrange by several centuries.

Yet at the Qafzeh cave in Israel, archaeologists found several burial chambers with human bones approximately 100,000 years old! Evidence intimates that Qafzeh was an *intentional* burial site. It is one of the earliest burial sites discovered of anatomically modern human beings. The presence of ochre paint and grave goods, such as deer antlers, provides clues of the symbolic use of color and rituals connected to death.

What we have here, then, is an ancient record of how humans have lived in the symbolic realm since the very early days of our species. This is significant. Marx got it wrong—it's not all about money. Humans create value in any numbers of ways. It is an essential part of who we are.

The theme of this issue of the Chronicle is "Valuing Life, Preparing for Death." We moderns are rather insulated from death. Indeed, an entire industry has

evolved to do just that—keep death far away, as though we need protection from something as natural as breathing. Because of the industrialization of death, many people have grown quite fearful of it. It wasn't so long ago that "cancer" couldn't be uttered in polite society, and we substituted the letter C for it.

If we view death as something alien to life, we lose a tremendous opportunity. The rampant materialism of our time reduces life to what is in front of us, and death therefore is seen as nothing but a dark pit. This approach to death flattens life itself.

Against this view, the psychologist Carl Jung urged people, especially those in the second half of their lives, to view death as a destination, one for which we need to pack as we would for any other trip. The items we need for this trip are supremely human: turning inward, and nurturing our introspection; tending to our souls; affirming life and our own natures for what they are. By packing our bags in this way, Jung envisioned that we would best be able to live fully up until our dying day.

Our Jewish tradition anticipated most of these insights. When the psalmist (Ps 103) states, "our days are like grass," we are being presented with a thought experiment in which we hold our mortality up to our eyes, not out of any sense of morbidity, but to best choose how to live well. So too, in Psalm 90, we read, "Teach us [God] to number our days, that we may gain a heart of wisdom." Focusing



on the end helps us focus on the present. If this insight seems a stretch, recall that the clarion call of Judaism is "*I'chayim*"—To Life! In one of Moshe's final oratories, just days before his death, he urges us to "choose life, that you and your children may live" (Deuteronomy 30:19). The life he enumerates is one connected to God and Torah, a life committed to ultimate values.

For Judaism, valuing life and honoring death are not separate enterprises. We greet a newborn in a covenantal ceremony. We welcome a child into adulthood with a ceremony recognizing their responsibilities in the full community. A wedding couple's ketubah spells out a series of obligations. The Jewish lifecycle is steeped with values and commitments at every step of the way.

We value life best by taking it seriously.

Continued on next page

Find Your People

By Rabbi Eve Posen

Rabbi's Corner

In the days and weeks following the death of a close friend or relative, we spend time thinking about their life, examining their history and legacy. During rabbinical school, my teacher Reb Mimi Feigelson spent time with me talking about grief and death. I was taken aback when she asked: What is your legacy? What would your eulogy say?

I didn't know what to say, mostly because my head was flooded with ideas. What lessons would someone take away from my life? It was in that very moment that the name of the Torah portion, *Chayei Sarah*, started to make sense to me. Our *parshah* is called *Chayei Sarah*, "The Life of Sarah", and yet the first thing we learn about is her death.

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שָׁנִים שָׁנֵי חַיַּי שָׂרָה

"The life of Sarah was 100 years and 20 years and 7 years, the years of the life of Sarah."

Instead of a story about what she did or where she lived, the text moves on to the living, to what happens after she dies. We shift to Isaac and his father

Abraham's quest to find a wife for him from his own people — a wife that would help him and someone that perhaps Sarah would have loved.

Abraham charges his servant to find Isaac a wife who was kind and caring, compassionate and gentle. It is in this moment of the story that we see Sarah's legacy unfold. Sarah's life is not just the number of her years, but the legacy of her family. In Sarah's eulogy, her life is summed up by what will live on long after she has died: family, compassion, and a quiet, pioneering spirit.

The Talmud teaches in tractate Sanhedrin that when one saves a life, it is as though they have saved an entire world, and one who destroys one life destroys an entire world. When you think about the people who are closest to you and what they mean to you, one life can be your whole world. We often talk about the small worlds that form in our individual communities; each loved one gives us a reason to go on, to continue to find meaning in our lives. When someone dies, it feels



as if we lose a world, but *Parshat Chayei Sarah* reminds us to allow their story and their legacy to live on by sharing, loving, and learning.

Embrace the challenge this year to tell a piece of your story, and together as a Jewish people we will continue to live out the legacy that began with the life of Sarah.

Monuments and Meaning Continued from page 3

In English, serious has a dour connotation, of something lacking in fun or pleasure. Maybe that is why Americans are so terrified of death. Our *lashon kodesh*, our holy tongue, has a different lesson to offer. The Hebrew word for seriously is "*b'retzinut*." With intentionality. With our will and desire.

Facing death square on is neither morbid nor heroic. It is the secret to a good life. It is how we invite in joy and pleasure—

and maybe even some humor and silliness—as an antidote to the pain which is also wrapped up in existence.

Countries erect monuments to declare important values and commemorate important historical moments. Israel has its fair share. Yet the greatest monuments of all are fully symbolic and intangible. Those are our values, guiding us in life, leading us to a good death.

Connecting

By Cantor Eyal Bitton

Cantor's Corner

Several years ago, in Rome, I came across the Arch of Titus, which includes a commemoration of Emperor Titus' defeat of Jerusalem in 70 CE; this is the central event that we recall on Tisha B'Av. The destruction of our spiritual center, including the image of Romans taking the menorah out of the Temple, is presented from the perspective of the victor. Our defeat and calamity is their triumph and celebration.

A little later, I made my way to the Colosseum. As I stood there looking at the maze of halls that lay under the floor where the action would take place, I was disgusted and utterly baffled by the nature of this entertainment. This was nothing less than elegant savagery. Man against man — and beast — to the death. This was a society that revelled in gore and death and treated it glibly.

Our tradition does not revel in death; it celebrates and sanctifies life. On the Days of Awe, we look at our own lives, knowing that we are judged for how

we live our lives and, as we chant in *Zochrenu*, we ask that we be inscribed in the book of life. In fact, *Zochrenu* refers to God as “*Melech chafetz bachayim*,” the “Sovereign who delights in life.”

But rather than look outward to the Romans or others in our day, we are told to look inward. We are asked to examine our own spiritual character and learn from our mistakes. Ultimately, how the ancient Romans lived or what they did to us matters less than how just and how moral we are. We are asked to be just to our fellow Jew and to our fellow non-Jew. We are asked to pay no heed to rank nor to class in our search for justice.

We are asked to connect to each other as members of the human family. Tisha B'Av reminds us that we have failed in this pursuit. The High Holy Days remind



us that failure is not permanent; we can correct our mistakes. We must remember that once we understand that we are all members of the human family, that we are all children of God, that we are all interconnected, we can look into the eyes of another person and see ourselves.

May we all be inscribed in the Book of Life.

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Alexandra (Sasha) Lipets | September 7

Sasha Lipets is the daughter of Victoria Genovker and sister to Levi Lipets. She is the granddaughter of Inna and Vitaliy Genovker. Sasha is a 7th grader at Whitford Middle School SUMMA Program. She enjoys creating writing, acting, and dance at MVP Elite Dance School, rhythmic gymnastics, and playing piano.



Isabella Robinson | September 14

Isabella Robinson is the daughter of Julia and Jeff Robinson and sister to Emma. She is the granddaughter of Bev and Ian Getreu (Portland), and Jerilyn Robinson and Selwyn Robinson (California). Isabella is a 7th grader at the Portland Jewish Academy. She is a published poet, regularly volunteers, and enjoys math, art, and soccer.



Micayla Cohen | September 20

Micayla Cohen is the daughter of Robert and Caryn Cohen and sister to Chase, Jessica and Alexandra. She is the granddaughter of Herbert and Marlene Levin, Delray Beach, Florida, Sandra Cohen of Warminster, Pennsylvania, and Albert Cohen (z"l). She is also sister-in-law to Adam Ringgenberg. Micayla is an 8th grader at Robert Gray Middle School. She spends her summers at B'nai Brith Camp, and she enjoys learning to speak Spanish, listening to Bangtan Boys (BTS), hanging with friends, and teaching herself songs on the piano.



Nate Reynolds | October 12

Nate Reynolds is the son of Deborah and Jason Reynolds and brother to Jack. He is the grandson of Leslie and Irwin Choyne of White Plains, NY, and Bill and JoAnn Reynolds, z"l. Nate is a 7th grader at Portland Jewish Academy. He enjoys playing basketball, hanging out with friends, and his wonderful summers at Camp Solomon Schechter. For his mitzvah project, Nate is volunteering at Free Geek, an organization focused on the sustainable reuse, recycling, and access to technology.



Jaedon Eby | October 19

Jaedon Eby is the son of Holly and Arden Eby. He is the much-loved grandson of Marilyn and Ken Gryte of Albany, OR, and Carol (z"l) and Arden Eby Sr. (z"l). Jaedon is in 7th grade at Jackson Middle School. Favorite activities include Jewish summer camp, playing the trumpet, practicing leadership and survival skills with Scouts, and often winning arguments at home with random facts gleaned from the internet.

Where We Are

By Jason Kaufman, President

President's Corner

As we approach our *Yamim Noraim*, I am proud and humbled to serve as your president. We have a lot going well for us — strong education with our Adult, Foundation School, ALIYAH, and Tichon programs; a wide-variety of religious programming and services; social action work that betters ourselves and our community; and another year where we slightly exceeded our budgeted income.

Todah rabah to all who contribute either financially or with their own time. And while we wrap up our CNS 150 celebrations and fundraising later this year, your Board of Directors continues to work towards adapting to an ever-changing view of what a synagogue should be. Some want to strongly maintain our traditions, while others want to explore new ways of doing things. I believe we can find a balance and at the same time offer what is most important — connection. So when you receive a call from your Board wishing you a *Shannah tovah*, I hope that it inspires you to reach out to others in our community and do the same.

In 2019-20 your Board will be focused on (among other tasks) presenting up-

dated by-laws to be voted upon by the *kehillah* at a special meeting (more soon) and ensuring that policies and procedures reflect the best practices. In addition, we will be enhancing our metrics utilized to make decisions.

As for the High Holidays, we welcome our guest, Cantor Bryce Megdal, as Ilene Safyan will be with family back east. She will be working with Rabbi Posen in our parallel services, where all are invited. I also look forward to speaking for a few moments during Kol Nidre as we raise critical funds for our annual campaign. As we have done for the past few years, we will be conducting a survey after the High Holidays. This feedback is important for our clergy and staff in reviewing and determining any changes to be made the following year.

And finally, I would be remiss if I didn't acknowledge our largest b'nai mitzvah class that includes 41 of our best, brightest, and talented members. I look forward to celebrating each *simcha*, including our daughter Adena's in January 2020.

Our family looks forward to spending time with each of you during these upcoming Days of Awe. On behalf of Allison, Eliana, Sarina, and Adena, may ev-



everyone have a happy, healthy, fulfilling, and inclusive 5780.

If you had the ability to create a new program or event, what would it be? In what ways should we seek to enhance our kehillah? How can we work together to create a shared future vision of Conservative Judaism? Let's continue the conversation via email (president@nevehshalom.org), text (503-459-3548), or in person. I look forward to hearing from each of you!

Honoring Gary Pearlman, Steve Reinisch & Eddy Shuldman

The Rabbi Stampfer Community Enrichment Award will recognize three remarkable individuals: Gary Pearlman, Steven Reinisch, and Eddy Shuldman. The theme is "education and art."

Gary Pearlman is a noted artist who began his work in Hebrew calligraphy in 1980. In the intervening years, he's created the logos for many local Jewish institutions and designed the holy ark in Stampfer Chapel, among other projects. **Steve Reinisch** serves on the Board of Directors of OJMCHC and is a huge supporter of the Jewish community. **Eddy Shuldman** is a lifelong artist and educator who taught in Portland Public Schools for 33 years, in addition to training b'nai mitzvah students since she was 15. Her experience extends to cofounding ORA Northwest Jewish Artists and chairing the Spiritual Life Committee of Cedar Sinai Park. The award ceremony will take place at Neveh Shalom on October 24, 2019 at 6:00pm. To RSVP or for more info, please contact Marg Everett at 503.293.7318 or meverett@nevehshalom.org.



Saving a Life, Learning a New Language – ALIYAH

By Mel Berwin

After my daughter Nava came out of residential treatment for major depression and anxiety in her 8th-grade year, she and I joined a therapeutic program called DBT. Dialectical Behavior Therapy is a fancy name for really helpful life skills—ways to practice shifting our thoughts and language to make us more resilient in the face of anxious, depressive, catastrophic, or all-or-nothing thoughts. When she would say, “I’m failing at everything,” I would say, “Tell me something less all-or-nothing, and more true,” and she learned to shift her language to say, “This schoolwork is really hard. I’m not feeling successful at this. I’m successful at other things. I might be able to do this work with some help.”

Before learning these skills (and getting on effective medication), she might have taken that “I’m failing at everything” thought and acted on it—engaging in self-harm or letting her thoughts spiral into suicidal ideas. In her case, and the case of many other kids who struggle with life-threatening depression or anxiety, learning to think using different language can literally be life-saving.

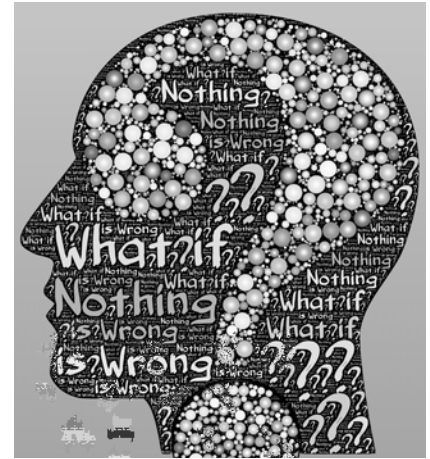
DBT skills are helpful whether you have mental health challenges or not. Which parent here has not catastrophized a characteristic of our child (“If he can’t get himself organized, he’ll never be able to get a job as an adult!”) or thought in all-or-nothing terms (“I am doing everything wrong today!”)? DBT starts with the as-

sumption that we are all doing as well as we can in this given moment *and* there’s always room for improvement. As I practiced paying more attention to my own thoughts and working with these skills, I thought about how they relate to our education environment as well.

Some of the skills, like using non-judgmental descriptions, we already practice in ALIYAH. “He doesn’t want to learn” is a judgment. Non-judgmental language shifts that to, “When he comes in, he sits down without opening his book. When I greet him, he doesn’t make eye contact with me.” This description allows us to problem-solve more effectively.

Other skills, such as dialectical thinking (“This is hard **AND** I think I could do it with some help.”), remind us that there is always more than one way to see a situation, and builds both empathy and flexibility into our cognitive and emotional repertoire. Rigid thinking, all-or-nothing thinking, and emotional regulation challenges are not uncommon in children—but they also seem to be on the rise. (I actually believe it’s on the rise in our society overall—what is political polarization if not a lack of flexible, empathetic, dialectical thinking?)

I wondered: What if we could model throughout the school a practice of paying attention to our thoughts and shifting to more helpful thought patterns with our kids. I also wondered: How do these life-enhancing skills fit with



Jewish wisdom and tradition?

There’s a Talmudic story of Hillel and Shammai engaged in a legal argument. They asked for divine intervention to decide which perspective was correct. The Voice of Heaven said “These and these [Hillel’s and Shammai’s] are words of God – and the law is according to Hillel.” These and these—*Elu v’Elu*—is a perfect example of dialectical thinking. The story continues that the rabbis asked: If both perspectives are holy, why the law followed Hillel? The answer: While Hillel disagreed with Shammai, he taught both versions, and even taught Shammai’s version first.

The story of *Elu v’Elu* is an important model for engaging in civil dialogue and also for embracing the possibility of multiple truths in our society, in our community, and indeed, in ourselves. I’ve chosen *Elu v’Elu* as our theme throughout ALIYAH this year.

Continued on next page

Eruvin 13b:10-14

Rabbi Abba said in the name of Shmuel, "For three years, the House of Hillel and the House of Shammai argued. One said, 'The halakha is like us,' and the other said, 'The halakha is like us.' A heavenly voice spoke: 'These and these are the words of the living God, and the halakha is like the House of Hillel.' A question was raised: Since the heavenly voice declared: 'Both these and those are the words of the Living God,' why was the halakha established to follow the opinion of Hillel? It is because the students of Hillel were kind and gracious. They taught their own ideas as well as the ideas from the students of Shammai. Not only for this reason, but they went so far as to teach Shammai's opinions first."

Valuing Life, Preparing for Death: New programs at CNS

By Mel Berwin

Who shall live and who shall die? This somber question from the *Unetaneh Tokef* prayer on Yom Kippur shocks

us into facing our mortality – but not for the purpose of contemplating death as much as to contemplate life. Reckoning with the limit and the unpredictability of our lives inspires us to lead the best lives we can, strive to be the best versions of ourselves, and recognize the connections that are most meaningful to us.

We didn't set out to create a theme for new programming this year around life and death, but the theme is as natural to Jewish community as apples and honey. And as the largest generation in the U.S. is now 55-75 years old, it is no accident that the purposeful Baby Boomers have created opportunities to help all of us focus more on how to live, age, and eventually die—with purpose.

We wish everyone a sweet new year and we invite you to participate in these opportunities to focus on what truly matters in our lives.

Wise Aging

This 4-week course is based on the book of the same name and designed for people ages 55+ who want enhance

this stage of life with learning, growth, spirit, resilience and wisdom. Wise Aging is being offered twice this year, in September and January.

CNS educators **Deb Freedberg**, **Barb Schwartz** and **Rosana Berdichevsky** attended a training sponsored by JFCS with author Dr. Linda Thal. "I was attracted to *Wise Aging* because I read the book and loved it," says Deb. "Many of us have grown children, are retired and continue to be strong and healthy and vibrant. We have the gift of time to explore and grow. The Wise Aging curriculum allows us to anticipate the future in a productive way and to face uncertainty head on, with support and new perspectives."

Elana Zaiman on Writing "Forever Letters"

This year's CNS Scholar-in-Residence, sponsored by the Suher family, is Rabbi Elana Zaiman, author of *The Forever Letter*. "Inspired by the medieval tradition of the ethical will, forever letters are heartfelt letters we write to the people who matter to us with the hope that, even if our letters aren't kept forever, the wisdom and love that we share will be." Read more about Elana Zaiman in **Victoria Spitz's** article, *Sometimes We Can Write What We Cannot Speak*, on page 12.



Laurie Fendel, Mara Woloshin, & Wondering Jews Series

Just as we were putting *Wise Aging* on the calendar, CNS member **Laurie Fendel** reached out to talk about a new series she'd like to offer. Laurie, who teaches adult ed classes on Mussar (ethical behavior), is now a hospice volunteer and "End of Life Doula." As she has gained more experience in this field, she is thinking about how to have a "good death," including the kinds of planning we can do as we age. Michelle Caplan connected Laurie with CNS member **Mara Woloshin**, a Medicare and Medicaid specialist, and together they are offering a number of sessions for Wondering Jews (65+ group) and beyond. (See sidebar to Laurie's article on page 14.)

Saving a Life, Continued from previous page

With our younger children, we can teach the *Elu v'Elu* story and model dialectical thinking. We can encourage kids to shift from all-or-nothing perspectives and to practice flexible, creative, both-this-and-this-can-be-true thoughts. With our older kids we'll be doing the same—and also asking them to think of ways to ap-

ply *Elu v'Elu* in the classroom and other life situations. Based on the model of *Elu v'Elu* and the challenges they see in society, our teens will be coming up with their own rules for civil dialogue in our Tichon program this year.

I invite you—our families and commu-

nity—to embrace *Elu v'Elu* this year as well. For some of our kids, these could be helpful skills to add to our repertoire of emotional clarity and flexibility. For some of our children, it could be life-saving. For all of us, it could build a more empathetic, creative, and diverse society.

A Thankless Mitzvah, The Holiest Of All

By Jenn Director Knudsen

Judaism is a life-affirming religion. Do we, thus, deny death?

The opposite is true, said Tivona Reith, a recently retired chaplain and current co-chair of Portland's Chevra Kavod haMet, the Jewish burial society for Portland and Southwest Washington. "We put so much value on life, and the Chevra acknowledges life," she said, using the organization's shorthand name. Donna Erbs, of Congregation Shaarie Torah also co-chairs.

Reith, of Congregation Havurah Shalom, cited Deuteronomy (30:19), where Moses implores his people to choose life. In so doing, she said of Moses' directive, we have the choice to "acknowledge, accept, and affirm death" as the end point of the life cycle.

The Chevra's charge is to provide end-of-life ritual services to affiliated and unaffiliated Jews with the utmost respect and compassion for the deceased while honoring and supporting the mourners. Goldie (z"l) and Rabbi Joshua Stamp-

fer are credited with starting the local Chevra in 1979, and it is composed of men and women from eight non-Orthodox synagogues, as well as unaffiliated members of our community. (The Portland Hevra is the Orthodox Jewish burial society in our area.)

It is an entirely volunteer-run organization whose members perform the "highest mitzvah," said Reith, "because we cannot be thanked for it."

The Chevra's own literature quotes from the Talmud (Tanchuma Vayechi 107A): "The highest act of *gemilut chasadim* (acts of loving kindness) is that which is done for the dead, for there can never be any thought of repayment."

Chevra members anonymously perform two rituals, *tahara* and *shmira*. Families do not know who has honored their loved one.

Tahara

About a decade ago, **Sharonlee Segal** was curious about the Chevra and its holy work. She accompanied friend and fellow Chevra member **Dale Oller** to a *tahara*—a ritual cleansing and dressing of the deceased, a process performed in the morning that includes the recitation of prayers and which also can be physically strenuous.

"I thought, 'I can do this work,'" Segal, recounted. And she has ever since;



CNS Member Sharonlee Segal

today she is in charge of putting together and scheduling the Chevra's teams when a death occurs and the society's work is requested.

"The highest act of *gemilut chasadim* (acts of loving kindness) is that which is done for the dead, for there can never be any thought of repayment."
-Tanchuma Vayechi 107A



Anna Davis, Sandy Axel, Deb Freedberg, and Itai Dewar help prepare all-white, 100% cotton sheets for tahara kits.

"It's very spiritual and beautiful," Segal said of *tahara*. "We're the last to see the body, wash and clothe it, put the body in its box, put the top on, and that's it." She also explained that the dead are referred to in the Hebrew, *met* for a man, and *meta* for a woman.

Sandy Axel, who chaired the Chevra from 2009 to 2015, founded the Shroud Crowd, whose volunteers gather once a month at Neveh to make every one of the six garments in a *tahara* kit.

Axel took a course to learn to make her own patterns; she wanted to save the society money (the pieces used to be

ordered and shipped from New York) and she knew others would support the work. “We’re a DIY (do-it-yourself) community,” she said.

During July’s Shroud Crowd session that drew 11 women and men, Axel explained what becomes of the donated 100 percent cotton or linen fabric.

The all-white, flawless, and completely unadorned pieces are turned into a wrapping garment, head covering, pants, belt, shirt, and — like some wear on Yom Kippur to prepare for and enact one’s own death — a tunic, or *kittel*, she said. Everything then gets wrapped into a paper package labeled “Lovingly prepared by the Shroud Crowd” and stored at our shul until requested.

Segal and Axel explained that no one who requests *tahara* is denied. Unlike in the Portland Hevra, piercings and tattoos aren’t barriers, and trans and non-binary community members, as well as those requesting cremation, all are afforded the same “respect and human dignity,”

per the Chevra’s mission statement.

Shmira

To carry out *shmira* — the guarding of the deceased — a Chevra member sits with the *met* or *meta*, reciting psalms, from the moment *tahara* is completed until the funeral. (Volunteers may perform *shmira* only.)

“Most people say, ‘I couldn’t even think about working with a person that’s dead,’” Segal said. “Rather, it’s like an honor. It makes me feel good that it’s the last thing I could do to send them on their way. ... We do holy work.”

The Chevra is looking for more people to add to its teams, especially men. There are 61 members of the Chevra Kavod haMet; only 24 are men. And since women bury the *meta* and men bury the *met*, the same few men are always called upon for *tahara*. “I don’t know why it’s harder to recruit men,” Segal said.

Fellow Chevra member **Adam Schecter**,



Sandy Axel with a completed and wrapped up *tahara* kit

said, “For me, it’s the ability to give a gift that is so special — one that can’t be repaid — is personally very powerful to me.”

To explore volunteering, and for *tahara* and *shmira* requests, please contact the Chevra at (503) 568-1723.

Recommended reading, *Plain Pine Box*, by Rabbi Arnold M. Goodman.

For more information, please visit: www.ChevraKavodhaMet.org.

When a Loved One Dies

We understand that when a loved one dies, you may not know exactly what to do. Here at Neveh Shalom, we try to make this experience as smooth as possible. **The first thing to do is call the synagogue office (503.246.8831) so that we may inform the clergy and be of assistance to you.** If it is after business hours, our voice mail will give you an alternative number to call.

You will next be in contact with the funeral home, who will contact the Chevra Kavod haMet. Members of the synagogue may, of course, select the funeral home of their choice in making their funeral plans. However, the congregation does have a long-standing relationship with Holman’s Funeral Service (503.232.5131).

It is important that you contact the synagogue whenever there has been a death in the family, even if you are not directly involved in the funeral arrangements, and even if the funeral will be out of town. There are things we can do to be of help.

Neveh Shalom clergy are always available to discuss end-of-life requests and questions. Marg Everett or Fred Rothstein can talk with you about our cemeteries or help you pick out a plot. Call the office to schedule a meeting. Tivona Reith strongly encourages people to talk *now* to their loved ones about their wishes upon death. “It is a statement of valuing life to be able to talk about your death,” she said.



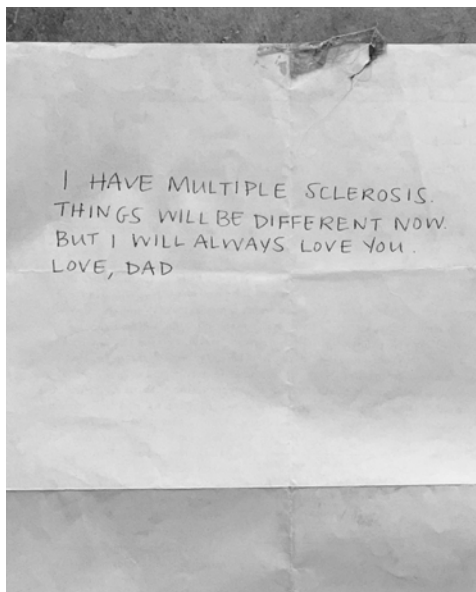
Sometimes We Can Write What We Cannot Speak: From the Ethical Will to Elana Zaiman's Forever Letter

By Victoria Spitz

When I was 10 years old, I came home from school and threw my backpack down on my bed like it was any other day. But unlike any other day, beside some stacks of freshly-washed and lovingly-folded laundry, was a note written in my father's unmistakable handwriting and taped to the cover of a magazine issued by the MS Society:

I HAVE MULTIPLE SCLEROSIS.
THINGS WILL BE DIFFERENT NOW.
BUT I WILL ALWAYS LOVE YOU.
LOVE, DAD

Written in all caps, the visual, factual, and conceptual weight of his words knocked the wind right out of me. Tears stained my cheeks before I was even aware I was crying. I didn't know what multiple sclerosis was (that's where the additional reading material came in), but



Letter to Victoria from her father

I knew it was serious because we hardly communicated at all about anything substantive (especially to say "I love you"), and certainly never in writing.

The impact of this life-changing news was greater somehow because it was communicated to me in writing: more literally notable, the decisive marks pressed firmly and deeply into the back of the old school notice were as tangible as the lesions that now decorated my father's nervous system, making it difficult for him to write at all. For a prideful man of so few words, I knew immediately how emotionally (as well as physically) demanding it had been for my father to commit his admission to paper, and stashed it in a box of memorabilia I kept under my bed for safekeeping. Twenty years later, I still have it.

In its own way, my father's note was a version of what Rabbi Elana Zaiman calls a forever letter, "a heartfelt letter that we write to the people who are most important to us with the hope that, even if the letter itself isn't kept forever, the wisdom and love that we share will be." Inspired by the medieval Jewish tradition of the ethical will, "a letter parents would write to their children, stating their prescriptions for living meaningful Jewish lives by following certain ethical and ritual precepts," they were



Autumn Azure Photography

Rabbi Elana Zaiman

often written around the time of certain milestones or major life events, and either given in life (and edited or added to over time) or left for loved ones to find after the author's death. Usually

"The impact of this life-changing news was greater somehow because it was communicated to me in writing."

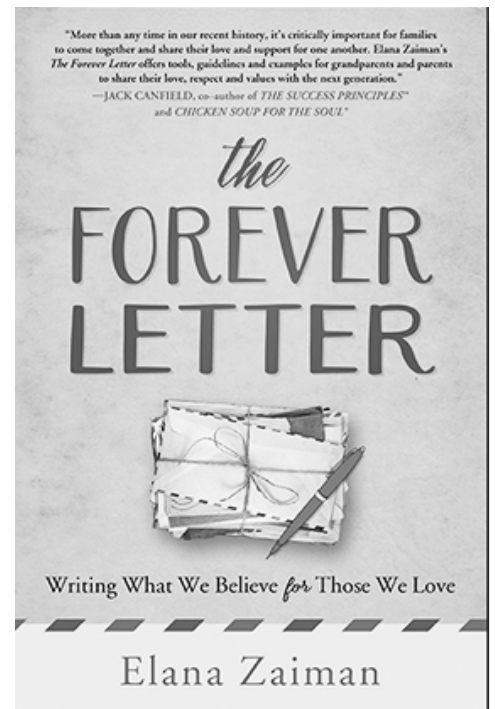
composed as people neared the end of their lives, these letters often conveyed a sense of urgency, just in case this was their last opportunity to communicate their personal experiences, histories, stories, beliefs, values, truths, and blessings to the loved ones they would soon leave behind.

In her book, *The Forever Letter: Writing What We Believe for Those We Love* (2017), Zaiman sets out both to define what a forever letter is, where it came from, why it's important, and to provide a guide that readers can follow for writing their own, including examples, writing exercises, and practical words of advice. Zaiman first learned about ethical wills when she received one from her father (also a rabbi) addressed to her and her siblings when she was just a young girl. Since then she has studied ethical wills at great lengths, and spent many years speaking, teaching, and offering workshops on the topic before she realized she was actually creating a new kind of letter, a more modern incarnation of the ethical will she later called a forever letter. Moreover, she writes, "writing a forever letter is not just about contemplating our lives at the end of our lives. It's about contemplating how we live our lives now." A forever letter can be as transformational for the writer as its intended reader, she argues, allowing us "to better understand ourselves, to make ourselves known to the

people we love, and to heal what may be broken between us." In this way, the ethical will has evolved from a kind of litany of commandments passed down from parents to their children into a loving exchange and interaction between two or more people.

Sure, my father could have mustered up the courage to just tell me he had been diagnosed with MS. But not only would it have been devastating for him to inform his oldest daughter that he was incurably sick, but I also might not have been able to process the news in any kind of constructive way. My father's note was a gift for us both, preserving his pride and my dignity in equal measure. It gave me the permission and space to feel shocked, angry, sad, and confused, all the ugly emotions I needed to experience in private before I could achieve understanding and acceptance, and move forward with grace.

In spite of its brevity, the simple truths conveyed by my father's "forever letter" hold up: he has multiple sclerosis,



although it has progressed quite considerably since then; and things were and continue to be different as a result; but most of all, he has, does, and always will love me (times two).

Rabbi Elana Zaiman Comes to CNS as the Yoni Suher, z"l Scholar-in-Residence.

We are so excited to be welcoming Rabbi Elana Zaiman to the Congregation Neveh Shalom community on November 8-10, 2019 as the 4th annual Yoni Suher, z"l Scholar-in-Residence. In this interactive weekend, Rabbi Zaiman will teach our *kehillah* about forever letters, the importance of them, and the process for writing them. Everyone will have the opportunity to create their own forever letter.

The Yoni Suher, z"l Scholar-in-Residence program was created by the Suher family in memory of Yoni, who was tragically killed in March 2016 in a suicide bombing in central Istanbul, Turkey. Yoni was on vacation with his wife, Inbal, celebrating his 40th birthday. The attack killed three Israelis and injured 11 more, including Inbal, who underwent emergency surgery in Turkey and then in Israel. Inbal has since improved and has been able to resume many of her previous activities.

Yoni had deep roots here at Neveh Shalom. Yoni's father, Randy Suher, was a member of Neveh Shalom, and his grandmother, Ethel Katz (Suher) Briller, was a beloved longtime director of our Foundation School. Yoni was born into our CNS community before the family moved to Israel when he was one.

Yoni was the father of Goni (12) and Uri (9), son of Randy and Yael Suher, nephew of CNS member Brian (Barbara Atlas) Suher, and grandson of the late Ted Suher (z"l), a past president of Neveh Shalom in the late 1960s.

What to say or NOT to say When Someone Has Lost a Loved One

By Laurie Fendel

When someone has lost someone close, just *being there* is the most important thing. Being a good listener means to let the other person vent, share, discuss their feelings without interruption. Repeat back what they have said, showing empathy. “That diagnosis must have been difficult to digest.” “You really are in a lot of pain.” Make good eye contact, physically lean in towards them. Resist the urge to begin talking if there’s a moment of silence. In some situations, silence is golden. Your friend or loved one may be comforted just by being with you.

The Best Things to Say to Someone in Grief:

- I am so sorry for your loss.
- I wish I had the right words, just know I care.
- I don’t know how you feel, but I am here to help you.
- My favorite memory of your loved one is....
- Or don't say anything at all, give a hug instead.



Laurie Fendel

The Worst Things to Say to Someone in Grief:

- At least she lived a long life; many people die young.
- He’s in a better place.
- God only gives you what you can handle.
- There is a reason for everything.
- I know how you feel.
- Look at what you have to be thankful for.

Although “Let me know if you need anything,” seems like a helpful offer, it places the responsibility on the bereaved person to find something for you to do. Offer to pick up groceries or take them to an appointment. “I’ll come over Tuesday and do laundry and clean your house before the shiva minyan.” “I’m bringing you dinner on Thursday. You can freeze it or have it that evening.”

Never say to a widow, “You’re so strong.” Better to say, “It’s so difficult right now. I stand beside you for the long haul.”

You can’t “fix” the situation, or the feelings of grief. Avoid telling the grieving person how to feel. Research has shown that a hug or a touch can go a long way. It can convey sympathy and love. Just listening and not talking at all is the best help you can give. Don’t judge, or give advice.

There is no right or wrong way to grieve. It can be an emotional rollercoaster with the unpredictability of highs, lows, and setbacks. Be there for ongoing support. When the family leaves and goes home, and the cards and flowers stop, that’s when a call, or stopping by, is important. When the shock and loss diminishes, your support is even more valuable.

Wondering Jews Presents: A Taste of Life! A series of programs providing “soul food” so you can discover how to make inspiring choices for yourself. Each session will be highlighted by yummys from the secret recipe book of Rav D!

Come hungry for snacks and information and have your specific questions answered. Coordinated by CNS members Laurie Fendel & Mara Woloshin.

October 23, 2019

- Medicare 101

December 11, 2019

- Laughter Yoga

January 8, 2020 (two programs)

- A Good Life and a Good Death
- Understanding Your Rx: Avoiding Prescription Drug Interactions

February 13, 2020

- How to Talk So Your Health Provider Will Listen (really!)

March 4, 2020

- Hamantaschen & Blessings

April 22, 2020 (two programs)

- With Age Comes Wisdom
- More Control Over Your Life! Health Care Self-Advocacy!

May 13, 2020

- Medical Marijuana—A Fieldtrip

Laurie & Mara offer entertaining, educational, and interactive programs and courses on ethics, lifecycle issues, advocacy, and health. Contact the office for more information.

Member News

Kvell With Us

Mazel tov to Melissa Bloom on her recent engagement to **Oren Abu. Jaimee and Michael Bloom**, and the whole family, are kvelling.

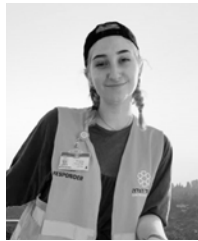
Mazel tov to Nancy Diamond on becoming a grandmother. **Meira Helen** was born Thursday night, June 13th, by cesarean birth. She came into this world beautiful and loved at 20 inches long, 7 lbs 8 oz, at 9:26pm. Parents **Shoshana and Brendan** and Meira are doing well.



Mazel tov to Molly O'Glasser and Charles Koransky on the birth of their son, **Chase Aden Koransky**. Chase is the grandson of **Jane and Larry O'Glasser** and Lester & Maria Koransky in the DC area. **Uncle Ben, Aunt Avital, and cousins Noam and Ronan** are very excited to welcome Chase to the family!

Mazel tov to Seth Greenberg on his recent engagement to **Giovana Oaxaca**. Proud parents are **Susan and David Greenberg**, and sister **Zoe!**

Mazel tov to Rivkah Zigman, daughter of **Aviva and Andrew Zigman**, on saving the life of a 60-year-old woman in Israel! Rivkah joined the Hatzalah NCSY group for a month this summer. Hatzalah is a volunteer ambulance that responds to emergencies all over Israel. After only a few days of training, Rivkah responded to an unresponsive 60-year-old woman. She did what she was taught and did not give up, and the woman survived. Other crew members were amazed at her professionalism and ability to perform her duties under such stressful situations and with so little experience. Kol haKavod!



Mazel tov to Cantor Linda Shivers and Albert Kolkon on the marriage of **Sheerya Shivers to Jim Berg** on June 2. The wedding was in Shelborne, VT.

Mazel tov to Jeramie Bloom and Andrew Thorry on the birth of their baby girl, **Sylvia Rose Thorry-Bloom**, who was born on August 10th at 3:01pm. Grandparents are **Jaimee and Michael Bloom** and Gerry & Michele Thorry. Aunts and uncles are Scott and Amy Bloom, Matt Thorry, **Liza and Beth Milliner**, Megan Thorry, and **Melissa Bloom**. The whole family is beaming.



Mazel tov to Sharon Fendrich on the debut of her new album, *Red Sky Prairie*, now available.

Mazel tov to our members Mirav and Eric Bareiss, and big sister **Evelyn**, on the birth of their daughter and sister **Lilly**.

Yihi Zichram Baruch – Our condolences to CNS members who have recently lost loved ones.

Our condolences to Jeff (Laura) Burda on the passing of his beloved mother, Myriam Burda, z"l. She was also mother to Beth Burda, Sue Hill and Tami Gee. She was predeceased by her husband Alfred Burda, z"l.

Our condolences to Bernice Gevurtz on the passing of her beloved sister, Lila Goodman, z"l.

We regret to inform you of the passing of Sam Siegel, z"l, beloved son of Abraham and Ada Siegel z"l, brother of Rose Siegel and **Arlene (Mitchell) Cogen**, beloved Uncle to Alana and Abrielle Cogen and cousin to Debbie Davis.

We regret to inform you of the passing of Evelyn Weisbarth, z"l, beloved grandmother of Wendy (Barry) Rosenfield, and great-grandmother to Allie and Sammie Rosenfield.

We regret to inform you of the passing of Hymie Schwartz, z"l. He is survived by his loving wife, Ellie Schwartz, his devoted children, Mark Schwartz, Cara Tabar, and Debra McIntosh, and grandchildren, Maddy & Mason McIntosh.

We regret to inform you of the passing of Alan Bezodis, z"l, on July 11, dear father of Chris (JoAnn) Bezodis.

Our condolences to David (Rachel) Stein on the passing of his beloved grandfather Sam Burnes, z"l, at the age of 96. Husband of Roslyn nee Springer. Father of Edward (Barbara), Don (Renee), and Carol (Michael) Stein. Grandfather of David (Rachel) Stein, Jason (Amanda) Stein, and Joshua Stein, Jennifer Burnes, Paige Burnes, and Kevin Burnes. Cherished great-grandfather of Julia and Daniel Stein.

We regret to inform you of the passing of Dr. Ronald Mark Sirkin, PhD, z"l, at the age of 76. Beloved son of Louis and Florence Sirkin, z"l, father of Edith Mitchell and Farah Asmussen, brother of **Stephen (Dana) Sirkin** and Cynthia Sirkin, grandfather to Misha and Xavier Asmussen and Alex Mitchell, uncle to Adam Sirkin, Laura Sirkin Brown, and Ian Musser and many others. He passed away in Xenia, Ohio.

Our condolences to Wendy David on the passing of her beloved sister, Heidi Leher, z"l, on July 8.

The congregation gratefully acknowledges the following contributions:

Adult Education

Leslie Aigner:

In memory of Marika Aigner
In memory of Moritz Spiegel

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In memory of David Sachter

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In memory of Arnold Weiner

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In memory of Nat Jackson

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Get well wishes for Bev Eastern

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In appreciation of Sol & Rosalyn Menashe

In appreciation of Victor & Toinette Menashe

Sandy & Wendi Menashe:

In honor of Victor Menashe

Solomon & Rosalyn Menashe:

In memory of David Menashe

Vic Menashe:

In memory of David Menashe

Paul & Joan Sher:

In honor of Vic Menashe

USY Travel Fund

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O'Glasser

In memory of Sam Siegel

Weinstein Chapel Fund

Carolyn and Gary Weinstein:

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Women's League Scholarship

Elliot & Suzanne Axel:

In honor of Robert & Marla

Weiner

In memory of Gussie Cooper

In honor of Sam Gottlieb

In honor of Ilene Safyan & Mark

Rosenberg

Bob & Marla Weiner:

In memory of Jennie Schneider

In memory of Yaccov Weinstein

Yad B'Yad -

Comforting Mourners

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Yoni Suher Fund

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Need a space for a meeting or event? Neveh Shalom has facilities and equipment available to rent at special member rates. Contact Lisa Richmond, lrchmond@nevehshalom.org, (503) 293-7317.

Getting to Know Our Kehillah By Eadie Kaltenbacher



Welcome new member **Dann Horowitz and daughter Naomi** (turning two in October). Born in Montreal, Dann moved to LA as a baby and then to Portland in 1991. Dann's family has been involved at CNS ever since, including when his mother, Fanny, a retired

preschool teacher, would substitute at Foundation School. Dann is an executive assistant at Campbell Global, a timberland and natural resource investment management services firm.

Dann explains that his decision to join CNS is connected to the deep history of his family. His maternal grandparents were survivors of the Holocaust, and he developed a passion for continuing on his family's legacy. Dann's "One Big Dream" was always to become a dad, and with the incredible generosity and sacrifice of a surrogate and egg donor, he was blessed to have his own child as a single parent, and they are all one big, happy, post-post-modern family now, including Naomi's half-brother Daniel! He is thrilled to introduce Naomi to the joys of Judaism by lighting candles every Friday, singing Shabbat songs, and sending her to Foundation School starting this year. As Dann says, teaching her these traditions will "cement her place in 5,000+ years of Jewish history."

Welcome to the **Nemer Family**. Adam is a 4th-generation Portlander, and has been involved in the local Jewish community his whole life, while Sandy also calls Portland her home after 20 years of living here. Adam works in insurance for Kaiser Permanente. Sandy is a dyslexia therapist at Park Academy and is becoming a certified Holocaust educator.



Adam and Sandy have three children: Hershel (15), Annabella (13), and Zollie (10). As a family, they love to be active outdoors, and can often be found hiking, golfing, or skiing at Mt. Hood (or Whistler when they get a chance).

The Nemers chose CNS because of the warm and welcoming community, as well as the strong Jewish education program. They are starting to look towards bar mitzvah for Zollie and wanted a religious school that would provide all the foundational elements as well as a deep community connection.

5779-80
2019

September

elul
tishri



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1 elul 9:00am Morning Minyan ROSH CHODESH	2 2 elul OFFICE CLOSED 9:00am Morning Minyan LABOR DAY	3 3 elul 7:15am Morning Minyan 5:00pm Talmud Class	4 4 elul 7:15am Morning Minyan 7:00pm Membership Meeting	5 5 elul 7:15am Morning Minyan 10:00am Wise Aging Begins 3:15pm Bible Class R. Isaak 7:00pm Executive Committee	6 6 elul 7:20pm 7:15am Morning Minyan 6:15pm Kabbalat Shabbat with Ilene Safyan	7 7 elul 8:18pm Alexandra Lipets Bat Mitzvah 9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club Shoftim
8 8 elul 9:00am Morning Minyan 12:30pm Back to Shul	9 9 elul OFFICE CLOSED - Staff Retreat 7:15am Morning Minyan 7:15pm Koleinu Choir	10 10 elul 7:15am Morning Minyan 5:00pm Talmud Class 7:00pm Sisterhood Board	11 11 elul 7:15am Morning Minyan 7:00pm Conservative Judaism Explained	12 12 elul 7:15am Morning Minyan 10:00am Wise Aging 11:00am Building & Grounds 11:30am Nosh & Drash, MJCC 3:15pm Bible Class R. Isaak	13 13 elul 7:06pm 7:15am Morning Minyan 5:00pm Sensory Shabbat 6:15pm Kabbalat Shabbat	14 14 elul 8:04pm Isabella Robinson Bat Mitzvah 9:00am Shabbat Services 9:30am Downstairs Minyan 12:30pm Women's Torah Study Ki Teitzei
15 15 elul 9:00am Morning Minyan 9:00am First Day of ALIYAH 10:00am Men's Club Meeting 10:00am Mothers' Circle 12:00pm Outside In Cooking	16 16 elul 7:15am Morning Minyan 7:15pm Koleinu Choir	17 17 elul 7:15am Morning Minyan 5:00pm Talmud Class	18 18 elul 7:15am Morning Minyan 6:30pm First Night of Tichon	19 19 elul 7:15am Morning Minyan 10:00am Wise Aging 3:15pm Bible Class R. Isaak 7:00pm Board of Directors	20 20 elul 6:53pm 7:15am Morning Minyan 6:15pm Kabbalat Shabbat / Micayla Cohen Bat Mitzvah 7:15pm Kol Shabbat	21 21 elul 7:51pm 9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club 8:00pm Two Worlds Selichot Ki Tavo SELICHOT
22 22 elul 9:00am Morning Minyan 9:40am Men's Club Brunch 2:00pm Apple Picking 2:00pm Shroud Crowd 4:00pm Book Talk 6:00pm Martinis & Margaritas	23 23 elul 7:15am Morning Minyan 7:15pm Koleinu Choir FALL BEGINS	24 24 elul 7:15am Morning Minyan 5:00pm Talmud Class 7:00pm Q&A for Machon Ivrit and Beginning Hebrew	25 25 elul 7:15am Morning Minyan 6:30pm Shabbat Services 101	26 26 elul 7:15am Morning Minyan 10:00am Wise Aging 3:15pm Bible Class R. Isaak 7:00pm Sisterhood Board	27 27 elul 6:39pm 7:15am Morning Minyan 5:15pm 4th Friday w/ R. Eve 6:15pm Kabbalat Shabbat	28 28 elul 7:37pm 9:00am Combined Shabbat Services Nitzavim
29 29 elul 6:37pm 9:00am Morning Minyan 5:15pm Young Family Erev RH Service 6:15pm Erev RH Service EREV ROSH HASHANAH	30 1 tishri 7:36pm OFFICE CLOSED 8:30am RH Day 1 Services Full schedule at: nevehshalom.org/hhd5780 ROSH HASHANAH	AUGUST S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			For ALIYAH/TICHON schedule, please visit: nevehshalom.org/aliyah-k-6 or nevehshalom.org/aliyah-7-12 ALIYAH Jewish Learning Program for K-12	For Foundation School schedule, please visit: foundationschoolpdx.org Neveh Shalom Foundation School Watch Us Grow!

Mark Your Calendars and Join Congregation

Talmud Class with Rabbi Stampfer
Tuesdays, 5:00pm, R. Stampfer's home

Bible Class with Rabbi Isaak
Thursdays, 3:15pm, Room 111

Wise Aging Series
Thur, Sept 5, 12, 19, & 26, 10am-12pm
Wise Aging is a class designed for people aged 55+ who want to learn and discuss new ways to enhance this stage of life. \$125, limited scholarships available. RSVP: dfreedberg@nevehshalom.org

Kabbalat Shabbat with Ilene Safyan
Friday, Sept 6, Oct 4, 6:15pm
Join us for this special Kabbalat Shabbat accompanied by Ilene Safyan.

Back to Shul Celebration
Sunday, September 8, 12:30pm
When summer comes to a close, we come back together as a community for music, food and fun at our annual BBQ on the plaza! Free. RSVP: www.tinyurl.com/backtoshul2019.

Conservative Judaism Explained
Wednesday, September 11, 7:00pm
Whether you're a new member or simply seeking greater clarity, you're invited to learn about our movement's name, values, and distinguishing features. Free and open to all. Taught by Mel Berwin.

Nosh & Drash with Rabbi Eve
Thurs, Sept 12, Oct 10, 11:30am, MJCC
Time for relaxed study & good conversation.

Women's Torah Study
Sat, Sept 14, Oct 26, 12:30pm, Rm 111
Join Mel Berwin for uplifting learning & conversation – all levels welcome!

Two Worlds: A Rock and Soul Selichot Experience – Saturday, September 21
8pm Wine & Cheese | 8:30pm Service
Rabbi Kosak & Cantor Bitton offer up themes of Selichot through traditional melodies & contemporary rock & pop music.

Community Apple Picking
Sun, Sept 22, 2:00pm, Smith Berry Barn
Join Rabbi Eve for apple picking and community gathering at Smith Berry Barn in Hillsboro. Pick apples to use in your home celebration and a few extra for our cider press on Rosh Hashanah day 2. No cost to attend, unless you want to purchase your apples! Questions or to RSVP: eposen@nevehshalom.org.

Men's Club Kick-Off Brunch w/ Speaker
Sunday, September 22, 9:40am
Please join the Men's club for their popular brunch speaker series with CNS member Diane Solomon, PMHNP, who will speak on mental health care issues. \$5 suggested. Free for Men's Club members.

BookTalk: The Taster by V.S. Alexander,
Sunday, Sept 22, 4:00pm Room 111
Meet with a group of book lovers to discuss the book, *The Taster*, a novel by V.S. Alexander about Magda Ritter who will be one of several young women tasting the Führer's food, offering herself in sacrifice to keep him from being poisoned.

Martinis, Manhattans and More Party
Sunday, Sept 22, 4:00-8:00pm
This is a women's only event (sorry guys). Join your hosts at Arlene Cogen's house for hors d'oeuvres, creative cocktails & lots of laughs. \$36. RSVP to: receptionist@nevehshalom.org.

Q&A: Beginning Hebrew & Machon Ivrit
Tuesday, Sept 24, 7:00pm
Orientation to our Hebrew classes and levels. Meet the teachers, explore the syllabus, and get help with registration.

Shabbat Services 101
Wednesday, Sept 25, 6:30 pm
Not comfortable with Hebrew and wanting to understand more about the Shabbat service prayers? Join Deb Freedberg for a stroll through the siddur to gain greater familiarity.

Shomrei Teva Tashlich Hike-Oxbow Park
Sunday October 6, 1:00-5:00pm
Join Shomrei Teva for our annual Tashlich hike. Good for all ages, but dogs are not allowed in the park. Carpool from CNS at noon, or meet at 1pm. RSVP to Yaakov Epstein, yaakovm@comcast.net.

Schmooze, Nosh and Drink in the Sukkah - Young Professionals
Sunday, October 13, 4pm | Free
Join other CNS young professionals for networking & learning in the Sukkah with appetizers & drinks. RSVP by 10/4/19: receptionist@nevehshalom.org

CNS 150: Sukkah Hop
Tue, Oct 15: Dinner 6pm, Sukkah Hop 7pm
 In celebration of our 150th anniversary, a few families have opened up their sukkah to our kehilah. Begin at the CNS sukkah for a free light supper at 6pm. The sukkah hosts will begin at 7pm with dessert. RSVP by Fri, Oct 4: tinyurl.com/CNS150SukkahHop.

Dad's Night Out
Thursday, Oct 16, 7:30pm
Planned by a group of guys who like having a reason to head out, get to know other dads, and have a drink with clergy. Open to all Jewish dads and dads raising Jewish kids. Any stage of parenting. \$5 suggestion. RSVP: programs@nevehshalom.org.

High Holy Days at Congregation Neveh Shalom

Please join us for all of our High Holy Days happenings. For a copy of the schedule, stop by the office or visit: nevehshalom.org/hhd5780



HIGH HOLY DAYS 5780

CONGREGATION NEVEH SHALOM

Please note: Programs are subject to change; please contact the office for more information.

Neveh Shalom for These Great Programs!

Emeriti Rabbi Programs

Rabbi Isaak: *One People, Two Worlds* Begins Thur, Oct 17, 9:45-10:45am

Does God exist? Did Moses actually lead the children of Israel from bondage to the Promised Land? Does it matter if I keep Kosher? Explore these and other issues as we discuss the book *One People, Two Worlds*, a fascinating confrontation between a Reform and Orthodox rabbi. \$36, includes the book.

Rabbi Stampfer's Classes

Thursdays, 11:00am-12:00pm

\$120 if you sign up for all three classes at once.

Feminism in the Bible

Oct 17-Nov 21. \$40, BYO Bible.

History of Jerusalem

Jan 9-Mar 12. \$50, book included.

Introduction to the Talmud

Mar 19-May 21. \$50, book included.

Classes meet in the Stampfer Chapel. All proceeds from these courses support the Feldstein Library.

Call the office to RSVP: 503.246.8831

Sisterhood/Men's Club Havdallah in the Sukkah – Sat, Oct 19, 6:30pm

Join the Sisterhood and Men's Club for a special Havdallah evening of connection, dinner, cider and whiskey. \$5/person, \$8/couple. RSVP: coprez22@gmail.com.

Erev Simchat Torah: A Celebration Mon, Oct 21, 6pm Dinner | 7pm Service

Celebrating the renewal of the Torah with your CNS community. The service and live music are free. Cost for dinner is: \$18/adults, \$12/kids; \$54/family max. RSVP for dinner at: tinyurl.com/simchat5780 or call the office at 503.246.8831. *Included with Young Family Shul Pass, RSVP still required.

Wondering Jews: Medicare 101 Wednesday, October 23, 2:00pm

Learn how to advocate for your rights and to clearly identify ALL the benefits you are entitled to. RSVP: programs@nevehshalom.org

Siddur Basics

Starts Wed, Oct 23, 6:30-7:25pm

Focus on the "how" and "why" of the major prayers of the Shabbat morning service, prayer concepts and choreography, and practice words and tunes until you are comfortable joining in.

Learn to Leyn: Chanting Torah for Beginners and Beyond

Starts Wed, Oct 23, 7:35-8:30pm

Learn to engage in the honor of reading Torah! We'll learn the names and tunes of the cantillation symbols.

Stampfer Community Enrichment Award Thursday, October 24, 6:00pm

Gary Pearlman, Steve Reinisch and Eddy Shuldman have been selected as the 2019 Stampfer Community Enrichment Award honorees. RSVP: meverett@nevehshalom.org.

Beginning Hebrew

Starts October 27 (11am) & 29 (7pm)

This course is a pre-requisite for all other Hebrew and synagogue skills classes. Ease into Hebrew beginning with Alef-Bet letter recognition, vowels, and decoding skills, and move on to build a basic vocabulary.

Machon Ivrit: Modern Hebrew

Starts Tuesdays, October 29, 7:00pm

Year-long courses in three levels of Modern Hebrew with engaging teachers a specially designed curriculum..

Young Family & Youth

Young Family Tot Shabbat (0-5 years)

**1st and 3rd Saturdays, 10:15am
Zidell Chapel**

**Kiddush Club for K-2nd Graders
1st and 3rd Saturdays, 10:15am
Room 31**

**Torah Troop for 3rd-5th Graders
1st and 3rd Saturdays, 10:00am
Room 102**

Fourth Fridays w/ Rabbi Eve (age 0-6)

Friday, Sept 27, Oct 25, 5:15pm

Welcome Shabbat with music and stories; potluck dinner to follow. Contact Rabbi Eve for location: eposen@nevehshalom.org. Co-sponsored by PJ Library.

Shanah: A Whole Family 2nd Day RH Exploration. Tue, Oct 1, 9:30am

This special Rosh Hashanah Exploration includes: family services, Tashlich, a magic show, optical illusion exploration, and a cider press. Free. Contact: eposen@nevehshalom.org.

Lend a Hand

**Never Again Coalition Monthly Meeting
Monday, Oct 7, 7:00pm, Kol Shalom**

Outside In Cooking

Sunday, Sept 15, Oct 13, 12:00pm

Meet in the CNS Kitchen to do a mitzvah and help feed homeless teens. Info: Rick Botney, 8888octopus8888@gmail.com.

Shroud Crowd

Sun, Sept 22, Oct 6, 2:00pm, Rm 102

Help create traditional burial clothing which will then be used by the *Chevra Kavod haMet* for their work. Contact Sandy Axel: sandyaxel@msn.com.

Looking For Menches To Help As Greeters

Each Shabbat there is a need for folks to assist in welcoming those attending services. Greeting them, providing them with a *Chumash* and/or a *Siddur*, and answering any questions they might have. If you're interested, or you have questions, you can contact Michelle Caplan at programs@nevehshalom.org.

5780
2019

October

tishri
cheshvan



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SEPTEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</p>	<p>For ALIYAH/TICHON schedule, please visit: nevehshalom.org/aliyah-k-6 or nevehshalom.org/aliyah-7-12</p>	<p>1 2 tishri 7:36pm</p> <p>OFFICE CLOSED 9:00am RH Day 2 Services 9:30am Shanah: Whole Family Rosh Hashanah Full schedule at: nevehshalom.org/hhd5780</p> <p>ROSH HASHANAH</p>	<p>2 3 tishri</p> <p>7:15am Morning Minyan</p> <p>No ALIYAH or Tichon</p> <p>FAST OF GEDALIAH</p>	<p>3 4 tishri</p> <p>7:15am Morning Minyan</p> <p>3:15pm Bible Class R. Isaak 7:00pm Executive Committee 7:00pm Koleinu Choir</p>	<p>4 5 tishri 6:26pm</p> <p>7:15am Morning Minyan</p> <p>6:15pm Kabbalat Shabbat with Ilene Safyan</p>	<p>5 6 tishri 7:24pm</p> <p>9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club</p> <p>Vayelech SHABBAT SHUVA</p>
<p>6 7 tishri</p> <p>9:00am Morning Minyan 10:00am Ke'ver Avot 1:00pm Tachlich Hike 2:00pm Shroud Crowd 4:00pm Film Club</p>	<p>7 8 tishri</p> <p>7:15am Morning Minyan</p> <p>7:00pm Membership Meeting 7:15pm Koleinu Choir</p>	<p>8 9 tishri 6:20pm</p> <p>OFFICE CLOSURES EARLY 7:15am Morning Minyan</p> <p>5:50pm Kol Nidre Services</p> <p>KOL NIDRE</p>	<p>9 10 tishri 7:25pm</p> <p>OFFICE CLOSED 9:00am Yom Kippur Services 4:20pm Mincha Service Full schedule at: nevehshalom.org/hhd5780</p> <p>YIZKOR</p>	<p>10 11 tishri</p> <p>7:15am Morning Minyan 8:00am Sukkah Build 11:00am Building & Grounds 11:30am Nosh & Drash 3:15pm Bible Class R. Isaak</p>	<p>11 12 tishri 6:13pm</p> <p>7:15am Morning Minyan 10:00am Sukkah Decoration 6:15pm Kabbalat Shabbat</p>	<p>12 13 tishri 7:11pm</p> <p>Nate Reynolds Bar Mitzvah 9:00am Shabbat Services 9:30am Downstairs Minyan</p> <p>Ha'azinu</p>
<p>13 14 tishri 6:11pm</p> <p>9:00am Morning Minyan</p> <p>4:00pm Young Professionals Happy Hour in the Sukkah</p> <p>EREV SUKKOT</p>	<p>14 15 tishri 7:11pm</p> <p>OFFICE CLOSED 9:00am Sukkot Services</p> <p>CANADIAN THANKSGIVING COLUMBUS DAY</p> <p>SUKKOT</p>	<p>15 16 tishri 7:10pm</p> <p>OFFICE CLOSED 9:00am Sukkot Services 5:00pm Talmud Class 6:00pm CNS 150 Sukkah Hop</p> <p>SUKKOT</p>	<p>16 17 tishri</p> <p>7:00am Chol haMoed Sukkot Service 6:00pm ALIYAH Dinner in the Sukkah 7:30pm Dad's Night Out</p> <p>INTERMEDIATE DAY</p>	<p>17 18 tishri</p> <p>See Below</p> <p>INTERMEDIATE DAY</p>	<p>18 19 tishri 6:01pm</p> <p>7:00am Chol haMoed Sukkot Service 6:15pm Kabbalat Shabbat</p> <p>INTERMEDIATE DAY</p>	<p>19 20 tishri 6:59pm</p> <p>Jaedon Eby Bar Mitzvah</p> <p>See Below</p> <p>INTERMEDIATE DAY</p>
<p>20 21 tishri 5:59pm</p> <p>9:00am Hoshanah Rabbah Services</p> <p>HOSHANAH RABBAH</p>	<p>21 22 tishri 6:59pm</p> <p>OFFICE CLOSED 9:00am Shemini Atzeret/ Yizkor Services 6:00pm Erev Simchat Torah: A Celebration</p> <p>YIZKOR</p> <p>SHEMINI ATZERET</p>	<p>22 23 tishri 6:59pm</p> <p>OFFICE CLOSED NO ALIYAH K-6 9:00am Simchat Torah Services 5:00pm Talmud Class</p> <p>SIMCHAT TORAH</p>	<p>23 24 tishri</p> <p>7:15am Morning Minyan</p> <p>2:00pm Medicare 101 Class 6:30pm Siddur Basics Begins 7:35pm Learning to Leyn Begins</p>	<p>24 25 tishri</p> <p>7:15am Morning Minyan</p> <p>3:15pm Bible Class R. Isaak 6:00pm Stampfer Community Enrichment Awards 7:00pm Sisterhood Meeting</p>	<p>25 26 tishri 5:49pm</p> <p>7:15am Morning Minyan</p> <p>5:15pm 4th Friday w/ R. Eve 6:15pm Kabbalat Shabbat</p>	<p>26 27 tishri 6:48pm</p> <p>9:00am Combined Shabbat Services 12:30pm Women's Torah Study</p> <p>Bereshit</p>
<p>27 28 tishri</p> <p>8:00am Sukkah Teardown 9:00am Morning Minyan 10:00am Mothers' Circle 11:00am Beginning Hebrew Begins</p>	<p>28 29 tishri</p> <p>7:15am Morning Minyan</p> <p>7:15pm Koleinu Choir</p>	<p>29 30 tishri</p> <p>7:00am Morning Minyan</p> <p>5:00pm Talmud Class 7:00pm Beginning Hebrew & Machon Ivrit Classes Begin</p> <p>ROSH CHODESH</p>	<p>30 1 cheshvan</p> <p>7:00am Morning Minyan</p> <p>ROSH CHODESH</p>	<p>31 2 cheshvan</p> <p>7:15am Morning Minyan</p> <p>3:15pm Bible Class R. Isaak</p>	<p>NOVEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</p>	<p>For Foundation School schedule, please visit: foundationschoolpdx.org</p>

Thu, Oct 17: 7:00am Chol haMoed Sukkot Service, 9:45am R. Isaac Class Begins, 11:00am R. Stampfer Class Begins, 3:15pm Bible Class R. Isaak, 6:00pm Foundation School Parents Night in the Sukkah, 7:00pm Board Meeting; **Sun, Oct 19:** 9:00am Shabbat Chol haMoed Sukkot Service, 10:00am Torah Troop, 10:15am Tot Shabbat, 10:15am Kiddush Club, 6:30pm Sisterhood/Men's Club Havdallah in the Sukkah. Please note that due to space, classes that are a series and not drop in are only mentioned when it begins or if there is no class that day. These classes include: **Wednesdays, 6:30pm Siddur Basics, 7:35pm Learning to Leyn; Thursdays, 9:45am R. Isaak Class, 11:00am R. Stampfer Class.**



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SATURDAY, SEPTEMBER 21
8:00PM | WINE & CHEESE
8:30PM | SERVICE



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PARTY FOR THE WORLD!**

October 1, 9:30am | Congregation Neveh Shalom | Free

This special Rosh Hashanah Exploration includes: family services, Tashlich, a magic show, optical illusion exploration, and a cider press - bring your own apples (or use what we have) and a jar. No tickets required. Contact: eposen@nevehshalom.org.



Co-sponsored with



CONGREGATION

CNS 150

NEVEH SHALOM

SUKKAH

TUESDAY, OCT 15

HOP 

6PM DINNER | 7PM HOP

In celebration of our 150th anniversary, a few families have opened up their sukkah to our kehilah.

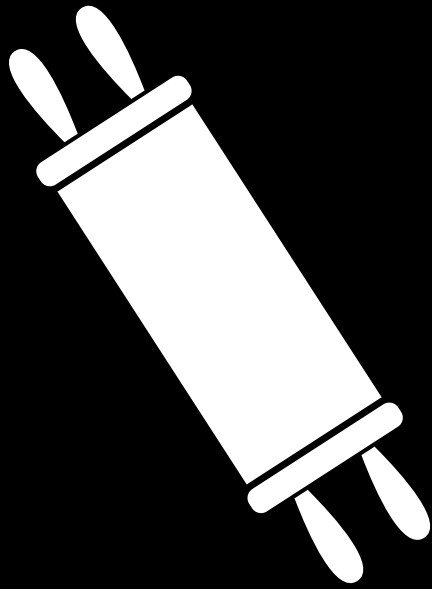
If you'd like, you can begin at the CNS sukkah for a free light supper at 6pm. The sukkah hosts will begin at 7pm with dessert. Registration is needed by October 4. Locations given with registration.

tinyurl.com/CNS150SukkahHop
or call: 503.246.8831





CONGREGATION NEVEH SHALOM



Simchat Torah

A CELEBRATION

MONDAY, OCTOBER 21

6:00PM: DINNER

7:00PM: MA'ARIV SERVICE & HAKAFOT

Cost for dinner*: \$18/adults, \$12/kids; \$54/family max.

**RSVP for dinner at: tinyurl.com/simchat5780
or call the office at 503.246.8831**

**The service and live band are free
and open to the community**

****Included with Young Family Shul Pass, RSVP still required***